



## Easy King Prawn Dhansak Curry

Serves 2

Prep time: 5 minutes

Cooking time: 25 minutes

Per portion

Calories: 286

Fat: 3.5g

Saturates: 0.3g

Carbs: 28g

of which sugars: 9g

Salt: 1.9g

### Ingredients:

- 1 x 400g lentil soup
- 300g raw peeled king prawns
- 1 medium white onion, peeled and finely diced
- 1 red chili, finely chopped
- 1 garlic clove, peeled and finely chopped
- 3 tsp's garam masala
- ½ tsp fenugreek (optional)
- 1 x 200g tin of chopped tomatoes
- A few coriander leaves to serve
- Rapeseed oil spray
- Freshly ground black cracked pepper

### Instructions:

Heat a heavy based large saucepan and add a couple of sprays of the rapeseed oil. Add the onion, garlic and chilli cook gently until softened.

Add the garam masala, fenugreek, tomatoes and lentil soup. Stir and reduce to a simmer.

Cook for a further 10 minutes until the sauce has thickened. Now add the raw prawns and stir in and cook for a further 5 minutes until the prawns have turned pink.

Once cooked add the freshly ground black pepper and top with the coriander leaves.

Fantastic served with rice or naan bread and sprinkle a few basil leaves over the top.